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ABSTRACT

This manual for parents and child care personnel in day care homes and centers provides guidelines and information on indoor and outdoor safety precautions, emergency preparation and first aid. Contents focus on monitoring arrivals and departures, prevention of suffocation and strangulation, control of pets and other animals, preventing and treating insect, snake and other animal bites and scratches, preventing and treating poisoning from household chemical products, fumes, cosmetics, pesticides, petroleum products, drugs, house and outdoor plans, food, and lead. Attention is also given to water safety in tubs, wading and swimming pools, prevention of automobile injury and prevention of fires, burns and electric shock. The concluding section emphasizes the need for emergency plans for response to fire and severe weather conditions, administration of first aid and obtaining emergency medical assistance. The manual includes a 16-item test. (A slide/sound presentation and pamphlets were produced in conjunction with this manual). (RH)

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SAFETY PRECAUTIONS

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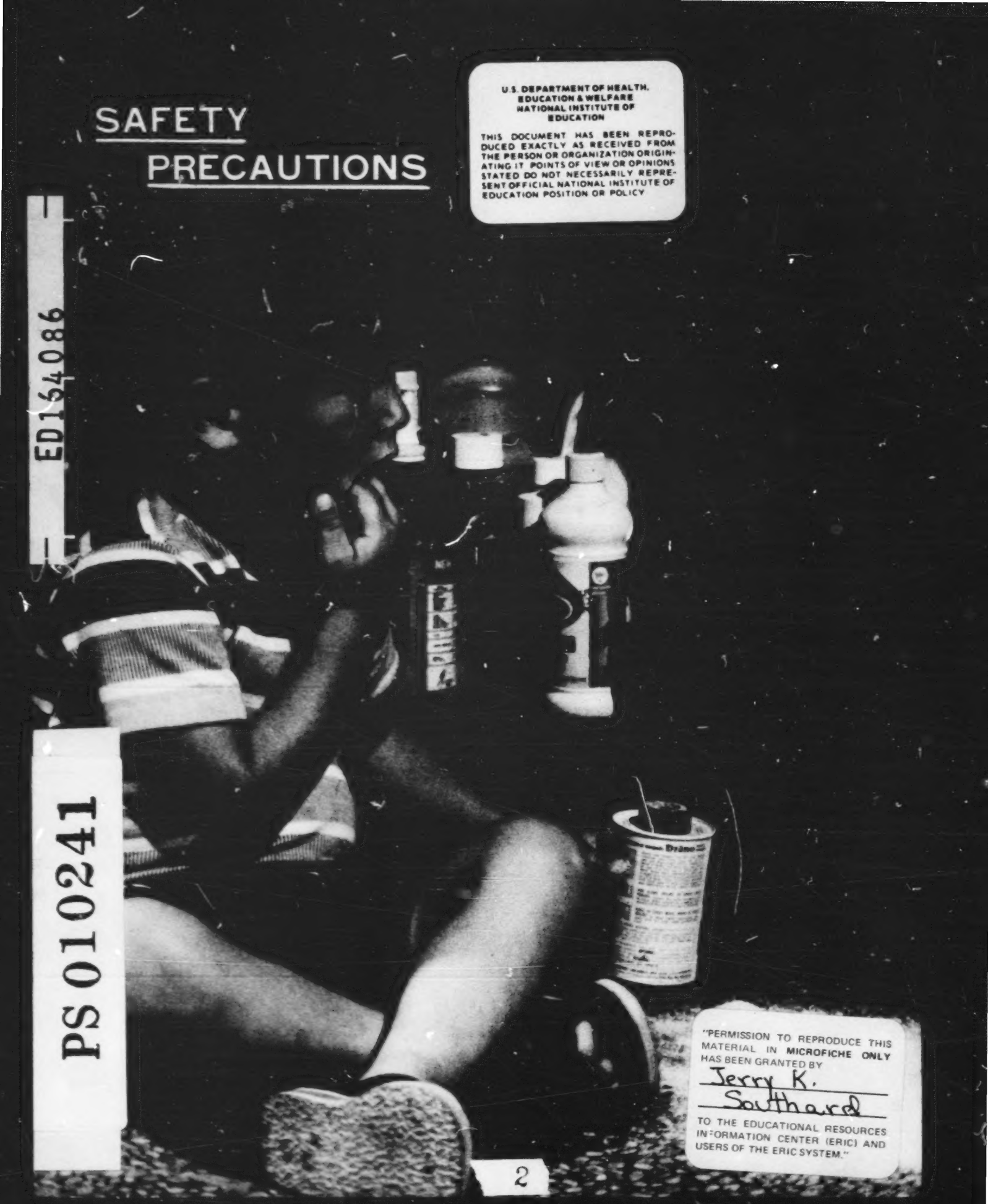

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CHILD HEALTH AND SAFETY SERIES

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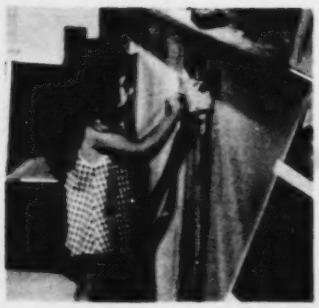
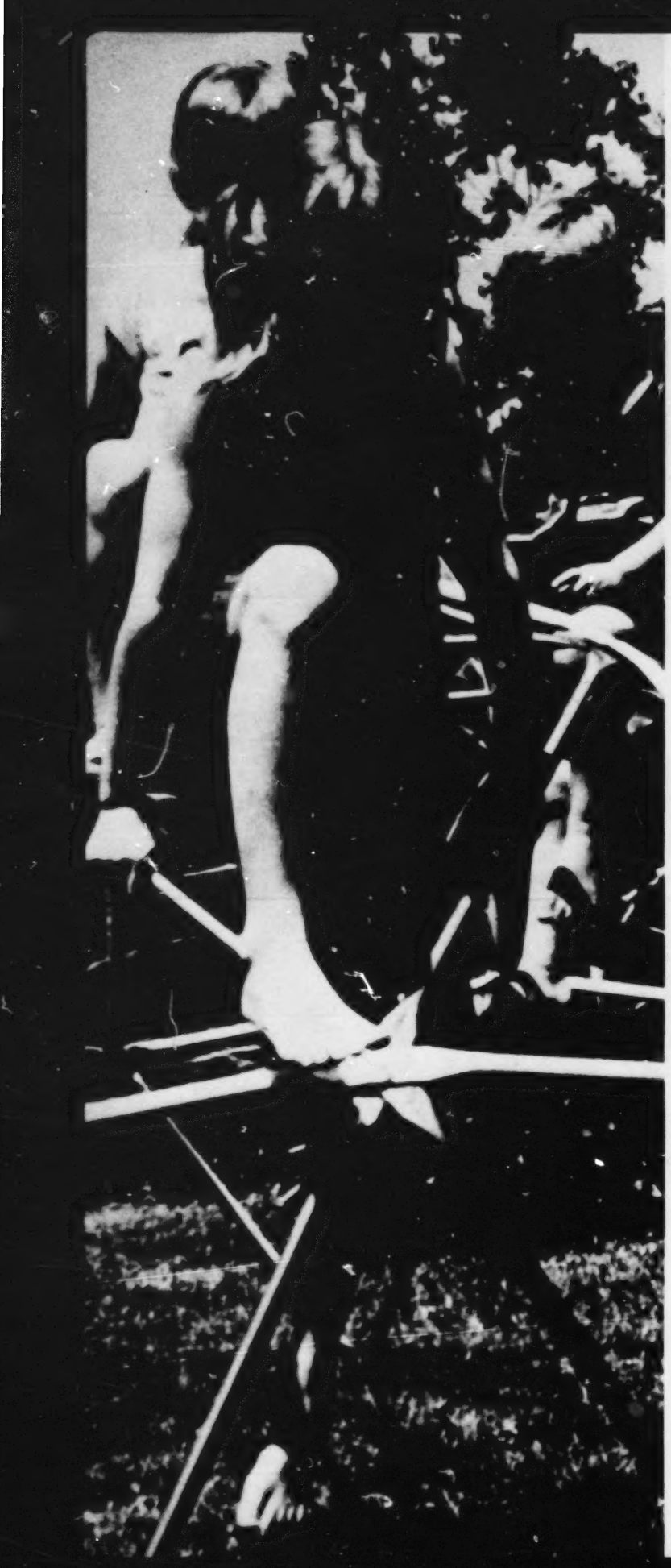
CHILD HEALTH AND SAFETY SERIES

Module I	SAFETY PRECAUTIONS (includes manual, pamphlets, and one slide/sound presentation)
Module II	HEALTH PRECAUTIONS (includes manual, pamphlets, and one slide/sound presentation)
Module III	WHEN A CHILD IS SICK OR HURT (includes manual, pamphlets, and one slide/sound presentation)
Module IV	MEDICAL PROBLEMS (includes manual, pamphlets, and one slide/sound presentation)
Module V	THE SERIOUSLY ILL CHILD (includes manual, pamphlets, and one slide/sound presentation)
Module VI	EMERGENCY CHILD AID (includes manual, pamphlets, and one videotape or one 16 mm film)
Module VII	THE GROWING CHILD...BIRTH THROUGH FIVE (includes manual, pamphlets, and three slide/sound presentations)
Module VIII	THE GROWING CHILD...SIX THROUGH FIFTEEN (includes manual, pamphlets, and three slide/sound presentations)

SAFETY PRECAUTIONS





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I INTRODUCTION

Indoor and outdoor safety is important for all children in your care. Taking safety precautions will make your job easier. You can be more relaxed and allow children more freedom to choose toys and activities when you know that your classroom or home and play yard are safe. Prevention and Preparation are critical keys to child safety and adult peace of mind. Accidents, most of which can be prevented, are the number one cause of child death.

The purpose of this module is to give you information on safety precautions and emergency preparation. This will help you prevent accidents and injuries to the children in your care. This information is vital to the lives of young children.

Although this module has been prepared for child care persons in day homes or centers, the information also applies to the child's home. Showing the accompanying filmstrip to parents can help reduce accidents within the child's home as well.

II POINTS TO REMEMBER...

When thinking of child safety, keep these things in mind.

- A child is naturally active and curious. Young children will get into things because of their curiosity.
- A child's sense of balance or fear of danger develops only with experience. Young children like to climb and explore in dangerous places.
- The average center or home has many potentially dangerous things for children. Things adults use or do easily - hot appliances, electric cords, and staircases - can be very dangerous for children.
- Accidents are a major cause of injury and death. The leading causes of accidents include:

  Falls, bumps, and cuts

  Suffocation and strangulation

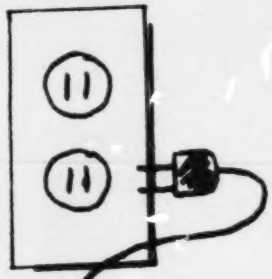
  Animal and Insect bites

  Poisoning

  Drowning

  Fires, burns, and electrical shocks

  Automobile injuries



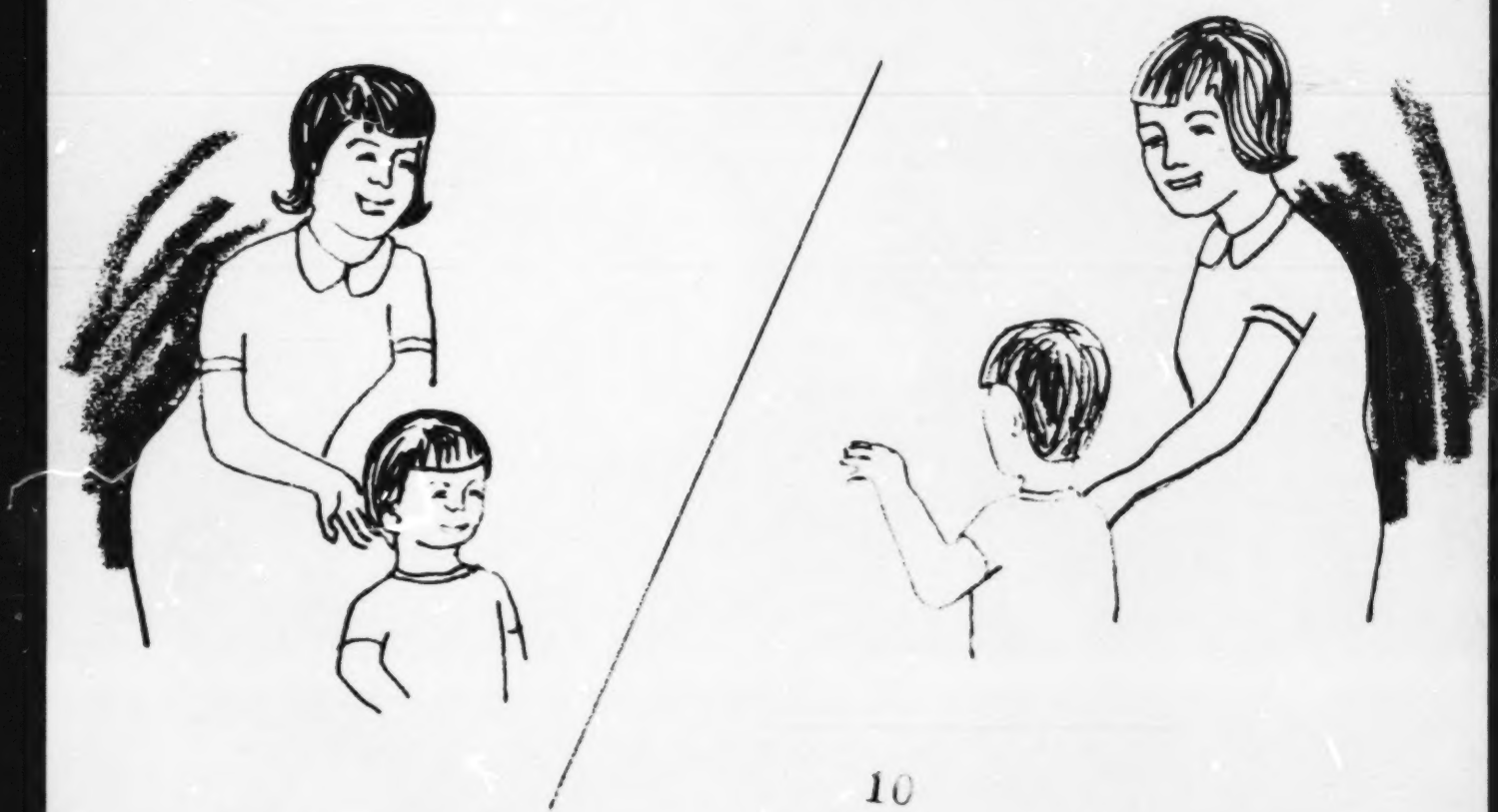
III ARRIVALS AND DEPARTURES

A. STARTING EACH DAY

Remember that you are responsible for the children in your care from the time they arrive until the time they leave. Because of this, you should insist that children be delivered to your door, not just dropped off at the gate or sidewalk, unless an adult is there to greet them. Parents should be responsible for seeing that their children are safely in your care before leaving them.

B. ENDING EACH DAY

You should also have parents tell you who will pick their child up in the afternoon. You should not allow anyone other than an authorized person to come and take any child in your care. You or another center adult should watch that a child leaves your care with the right person.



IV FALLS, BUMPS, AND CUTS

Whenever you care for young children, minor falls, bumps, and cuts are bound to happen. But there are many things which you can do to help prevent serious accidents and to lower the number of minor accidents.

A. BABIES

Infants need total protection. The safest places to leave an infant alone are in a crib with the side up or in a playpen. Leaving an infant on a couch or bed, even for a minute while you help another child, answer the door or telephone, is extremely dangerous. It may result in a serious fall. Get into the habit of picking up an infant whenever you must reach for anything that keeps you from having at least one hand on the baby. Turning your back, even for a second, can be risky.

B. TODDLERS

Toddlers also need extra protection. They are learning to use their new ability to move around and spend most of their time exploring. Their curiosity helps them learn, but it can also be dangerous. They are not steady on their feet and will grab at things to keep from falling. Also, they will fall or trip over things on the floor whereas an older child will walk around them.

C. OLDER CHILDREN

These children need less protection, but they too can get in dangerous places. They often try to climb on ladders, stairs, furniture, or even boxes and toys. They can be injured on all these things. Preschool children also open boxes and other containers which have dangerous contents.

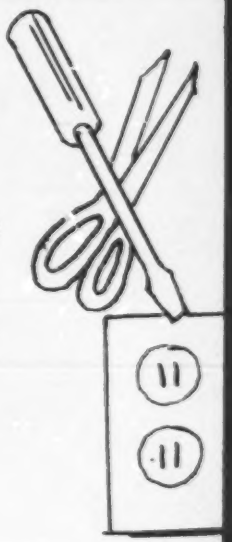
DO NOT TOUCH!

D. [illegible] OF ACCIDENT PREVENTION

There are a number of things you can do to help prevent indoor accidents. These things include looking for and correcting any hazardous situations, teaching the children safety rules, and remembering that you are a safety model for the children. They will imitate your habits. If you stand on an unsteady surface (a wagon) to reach for something, so will the children.

1. Safety Rules

You can tell children about common dangers that concern them. Try to use words that are simple enough for each child to understand. Repeat them often to help children remember them. Some safety rules can include:



. Things such as scissors and screwdrivers must be handled with care. They must be carried with the handle in the palm of the hand and the sharpest end pointed down.

. Sharp objects, small objects, rocks, sticks, toys, and other such items should be kept out of the mouth. They can be dangerous if swallowed. Also, a hole can be poked in the cheek or lip if a child falls down with something sharp in his or her mouth. Dirty fingers should not be put in the mouth either.

. Wall plugs and electric cords are not to be touched or played with.

. Matches are not to be used by children at any time.

2. Hazardous conditions

. Bookshelves, cabinets or other furniture - Furniture, which can be pulled over by a child, should be anchored to the wall using nails or screws. Furniture with sharp edges should be removed, or the sharp edges should be covered enough to be "child proof."

. Floors - Keep floors and doorways free of objects which can cause children to trip and fall. Highly waxed floors may be slippery.

. Spilled liquids - These should be cleaned up immediately. If it is necessary, you can throw newspapers over the liquid until it is wiped up. Be sure to check bathrooms for water spills that could cause children to slip and fall.

. Broken equipment - Any broken equipment should not be used until it is repaired.

. Cleansing agents and other housekeeping supplies - These must be kept where children cannot reach them.

. Doors, passageways, handrails - Keep doors and halls free of objects, and teach children to use handrails when using stairs. Be sure handrails are secure.

. Loose boards, protruding nails - Carpentry repairs should be made immediately as needed.

. Electrical outlets - These should be covered at all times.

. Heaters, Fans, Fireplaces - Be sure they are screened. The moving blades of a fan are fascinating to children, but children can lose a finger trying to touch the blades. Even screened fans should be kept out of the reach of children.

. Lighting - All play areas and halls should be clearly lighted.

. Splintered wood - Sanding should be done when needed.

. Matches - These should always be kept where they are inaccessible to the child.

. Large size bathroom fixtures - Keep a stepstool or a box in the bathroom for children to stand on. Be sure the stool or box is sturdy and won't tip over.

3. Safety Evaluation

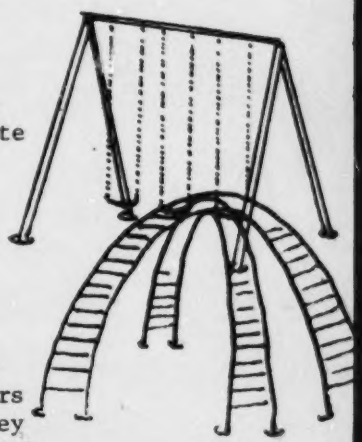
Check each day before the children arrive to be sure there are no sharp objects such as scissors or broken toys which might harm a child. Regularly check the safety features of your home or center. Is any wood splintered? Are stair rails sturdy? Are the fireplace and fan screens still tightly fastened?

E. OUTDOOR ACCIDENT PREVENTION

Correcting and avoiding hazardous conditions in your yard or play area are critical to accident prevention. In addition, children need to be taught safety rules, and they should always be supervised.

1. Ground Area

. Every day check your yard or play area for objects which may cause a child to trip and fall.
. Holes, bumps or other dangerous areas need to be filled in or smoothed out.
. You may need to fence off an area that is dangerous because it cannot be fixed.
. Sweep any sand on paved areas to avoid slipping.
. Never leave garden tools lying around.
. Remove any poisonous plants.
. Close supervision is required anytime there are puddles on the ground.
. Fencing should be in good repair. Provide a temporary substitute barrier if you have a broken gate and repair the gate immediately.
. Check for broken glass. When yards are near streets and highways, bottles and cans are sometimes thrown on the playground.



2. Equipment

When choosing outdoor equipment and toys, be sure to consider the age of the children. For example, children under two years of age may not be able to pedal or use a tricycle safely. They may get their legs caught and fall. Toys with four wheels which are pushed with children's feet are much safer and more usable.

. Anchor (using concrete or stakes) playground equipment so it cannot be moved at all. Be sure the equipment is in good repair and replace worn out parts immediately.
. Ropes should be used only for supervised activities.
. Teach children the right way to use playground equipment and safety rules. Children are often injured by jumping out of a swing or running in front of someone who is swinging. Safety rules will depend on the types of equipment you have in your play yard.
. Stay close by and supervise the areas where children are playing on climbing equipment. An adult should be closer to the jungle gym or climbing dome than the sandpile which is less dangerous.

V SUFFOCATION AND STRANGULATION

It only takes a minute or two for a child to strangle or suffocate. Prevention is absolutely critical. Many times adults overlook the many things which can be dangerous for a small child.

A. BEDDING

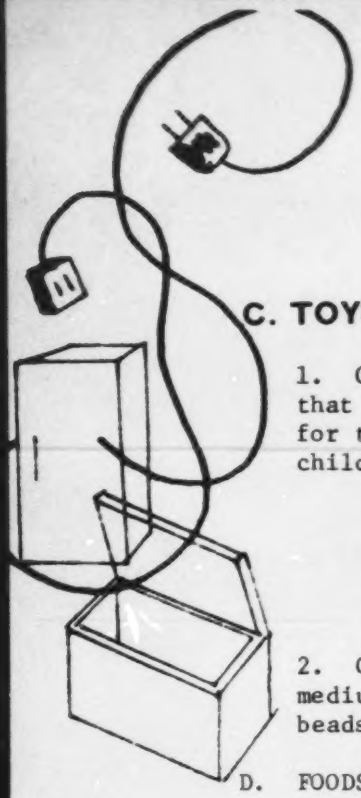
1. Cribs and playpens can be sources of danger if the slats are loose or if the slats are spaced more than 2½ inches apart. A large space between slats can allow the baby's head to get caught. Repair loose slats and use a bumper guard on cribs and playpens that have too much space between slats. Infants should not sleep with a pillow because they can suffocate.

2. Never cover a crib mattress or a cot with thin plastic or laundry bags. Many children have died because of plastic bags. Use a commercial mattress cover.

B. HOUSEHOLD OBJECTS

1. Keep all play areas free of objects which can get caught in the throat. Some things can cut off a child's air supply. Others, if swallowed, can puncture a vital organ. Examples include: buttons, needles, pins, beads and screws. A good rule to follow is: "If it is small enough to go in the mouth, remove it."

2. Check <u>all</u> <u>areas</u> in which children play each morning and also before putting an infant in the playpen or on the floor.



C. TOYS

1. Consider the ages of the children in selecting toys. Any toy that is small enough to be swallowed is dangerous - particularly for the child under three years of age. Do not allow young children to play with:

   - marbles, jacks, or tiny parts of games
   - toys with pieces that come off easily.
   - stuffed animals with eyes or decoration that can be pulled off.
   - pegs or small beads.

2. Give young children only large size beads for stringing, and medium to large size dolls and toys to play with. Save small beads, toys, and dolls with small clothing items for older children.

D. FOODS

1. Popcorn, nuts, and small hard candies should not be given to small children. These can be sucked into the windpipe instead of going to the stomach.

2. Use liquid medication or crushed and diluted pills. Pills like aspirin can also be sucked into the windpipe by small children.

3. Be extremely careful of bones, especially fish bones. These too can be very dangerous.

E. FURNISHINGS

1. A closed door does not always stop young children from investigating. Be sure that doors to off-limit areas are safely locked. Also, be sure that doors can be unlocked from the outside.

2. Old refrigerators are extremely dangerous. If these are kept in an area where children can get to them, remove the door from the refrigerator or turn it to face a wall. No one should be able to open the door unless the refrigerator is turned around.

3. Old trunks are also dangerous and the lid should be removed.

4. Cords can strangle children. Never leave cords (curtain, electrical extension, venetian blinds, etc.) hanging where they can be reached. It is easy for children to get caught in cords and sometimes they play with cords by wrapping them around their necks.

VI PETS AND OTHER ANIMAL BITES

Animals, even household pets, can be dangerous around young children. Children usually love animals and don't understand that animals can bite or scratch.

A. SAFETY GUIDES

1. Teach children to be gentle with pets and to hold them right. The pets should not be held close to the child's face, and the pet should not be held by the head or neck. Pets should be held loosely.

2. Teach children to avoid any strange animal.

3. Keep any pet brought from home in a cage and for only one day.

4. Keep animal shots (particularly rabies) up-to-date for any pets in the home.

5. Fence play areas and keep gates safely locked to keep children in and strange animals out.

6. Feed and groom pets regularly.

7. See that pets are kept in good health.

B. ANIMAL BITES

1. If an animal bites a child, wash the bite immediately with soap and water.

2. If the skin is broken, the possibility of rabies exists. Check with the owner. If you do not know the owner, catch and enclose the animal somewhere away from the children. Have your local animal shelter pick it up for observation. Sometimes, you cannot catch the animal and you do not know the owner. If you see the animal, remember everything about it that will help identify it. Call your local police department. Rabies is deadly and the treatment is extremely painful and dangerous.

3. It is best to avoid having any animal around that has not been vaccinated for rabies. It is also wise to note all neighborhood dogs and have a good idea of where they live.

VII INSECT AND SNAKE BITES

A. INSECTS

Many insect bites are poisonous. Some bites can be only annoying to one child and fatal to another. Poisonous insects can include: fire ants, bees, wasps, spiders, ticks, centipedes and scorpions.

1. It is important for you to know if any of the children in your care have a history of severe allergic reaction to insect bites. An allergic reaction can be fatal. You will need to get specific instructions from the child's parents or physician on what to do.

2. Check the yard or play area and remove any bee, wasp or hornet nests and any ant hills.

3. Never allow the children outdoors without shoes. Bees often feed on clover or low ground cover and on nearby flowers. Ants and small stinging scorpions are often hard to see.

4. Spray the children with insect repellent when they play outside if you are in an area with a lot of insects.

5. Extermination in the house helps. Be extremely careful with the kind of insecticide or poison you use, when you use it, and how you use it. All of these substances are toxic and can be dangerous to children if not used with extreme care.

6. Teach the children to avoid insects and to always tell you if they have been stung.

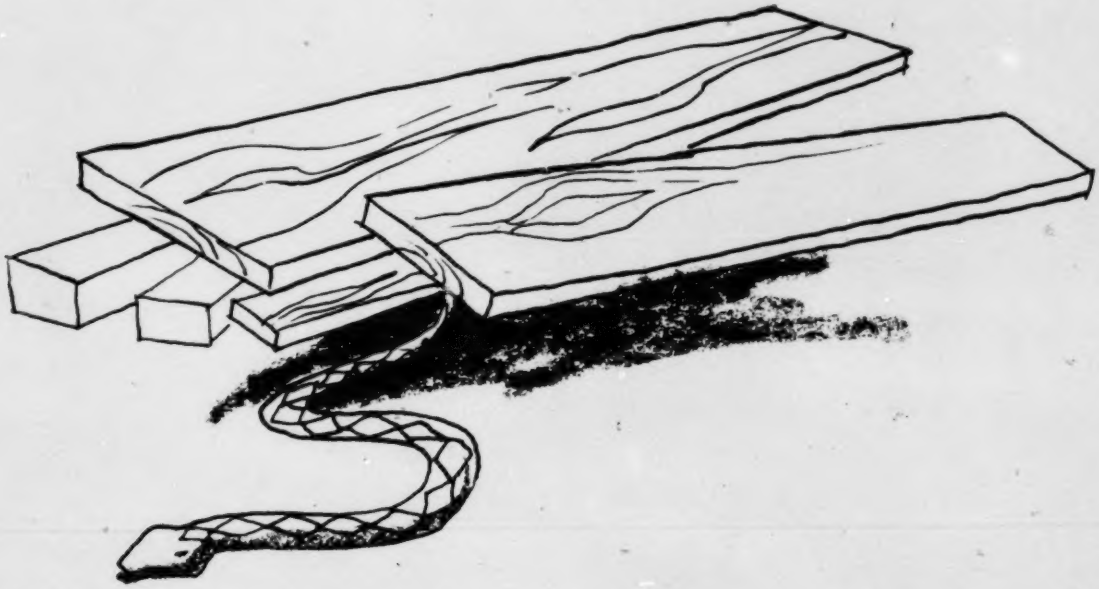
B. SNAKES

There are at least four types of poisonous snakes in Texas: the coral, copperhead, rattlesnake and water moccasin.

1. Always look out for snakes. Memorize what they look like and their habits.

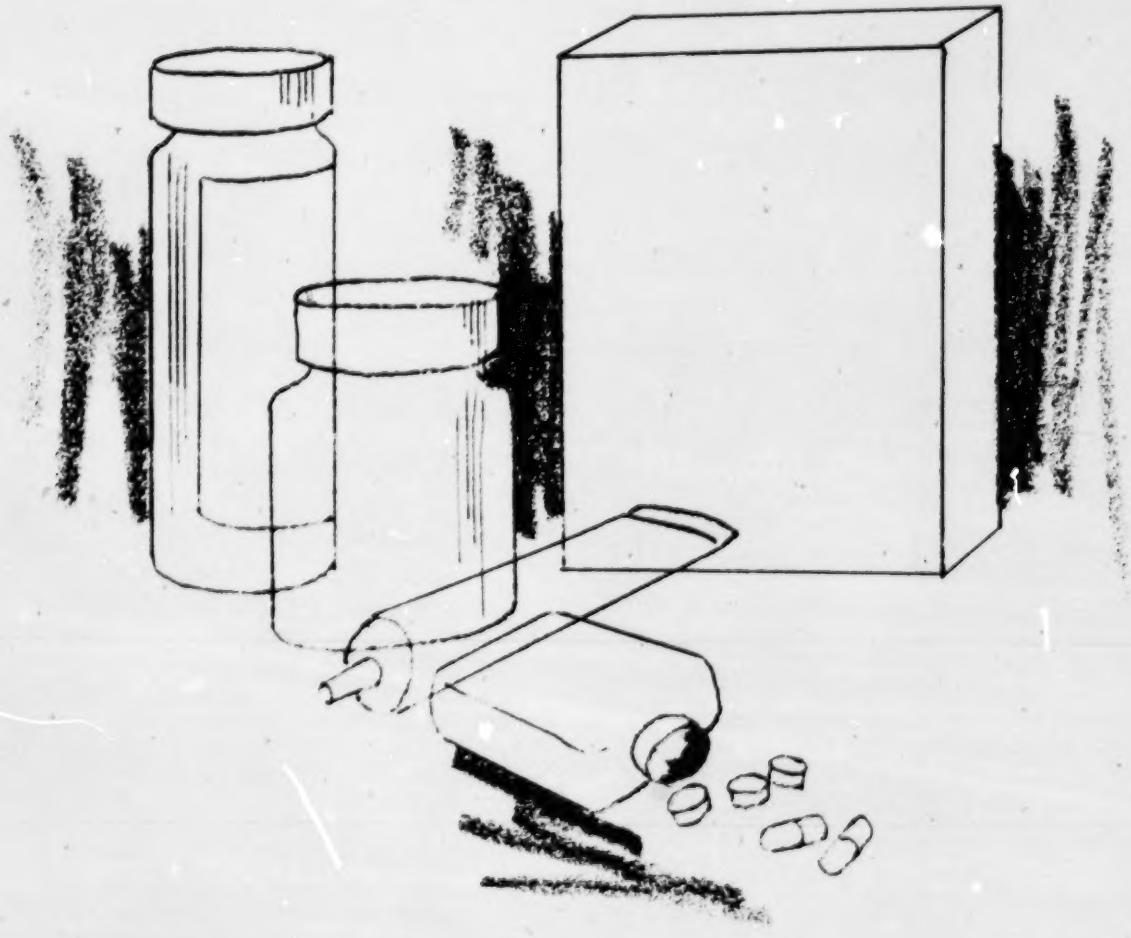
2. Teach the children to never go near a snake. Be sure to explain that not all snakes are dangerous. Some are very safe and helpful. However, until the children grow up and know the difference, they must stay away from all snakes.

3. Keep the yard free of rocks, boards or other things where snakes (and insects) might hide.



VIII POISONING

Poison is anything you eat, breathe or touch that can cause illness or death. Most poison deaths are caused by drug poisoning, household chemical products, and fume poisoning. Each year over one million children will swallow poisonous materials. Sevent percent of all poison accidents involve children under five years of age. That still leaves 30 percent or 300,000 children over the age of five who are poisoned each year. Death by household poisoning is rising, and almost all of these accidents are preventable. To protect children in your care, you should know which things around your home or center are poisonous and keep these out of children's reach. In addition, you should have near the telephone the number of your local poison control center as well as a poison antidote listing. Always call a doctor or your poison control center if one of your children is poisoned. If possible, get someone else to do this while you administer first aid. Speed and the right first aid are critical.



A. HOUSEHOLD CHEMICAL PRODUCTS

Most household products today make life easier, but they are potentially dangerous poisons. Many products print caution statements on labels such as: "Poison," "Caution," "Harmful if Swallowed," "For External Use Only," and "Keep Out of the Reach of Children." A lot do not. You cannot always rely on the product label to give proper poison warnings. Things like detergents, that are not swallowed by adults, may be tasty to a toddler and deadly.

1. Household cleaners and polishers, such as lye, ammonia, bleach, cleansers, furniture polish, soaps, detergents and any grease cutting chemicals usually contain <u>corrosives.</u>

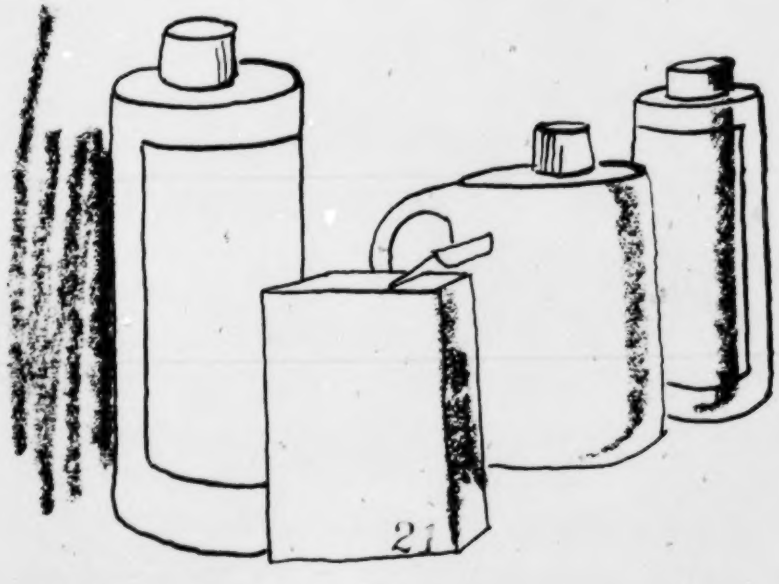
2. Symptoms of corrosive poisoning may be nausea, burns on hands and mouth, burning throat or stomach pains.

3. Corrosive poisoning should be treated by giving liquid to dilute the poison.

. If a child has swallowed a corrosive substance, <u>do not</u> cause vomiting. Swallowing a corrosive causes burns. If you make the child vomit, the child is bringing up the same corrosive substance and can become burned even more than before.

. If the child is 1 to 5 years old and is alert enough to swallow, give one to two cups of milk or water. Give up to one quart if the child is older. This will help dilute the poison. Be sure to refer to a poison antidote chart for all poisoning.

4. Some poisonous household products do not contain corrosives. If a child swallows a substance which you know does not contain a corrosive, you should induce vomiting. Many similar products contain different substances so <u>it is essential to check the label</u> before deciding which treatment is appropriate.



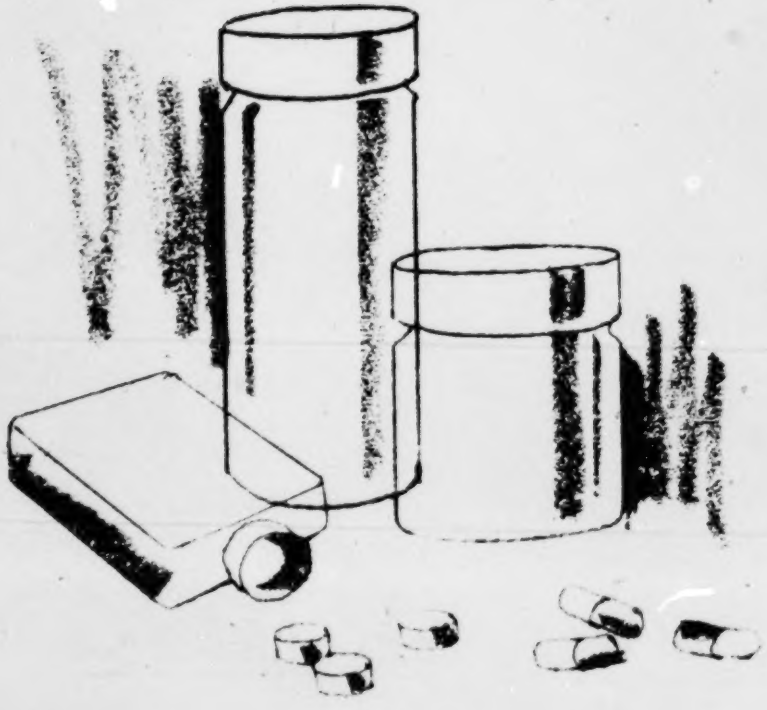
B. DRUGS

All drugs which have not been prescribed for a specific child are dangerous. Medicines which an adult can take safely can be deadly for a child. Children's medicines and pills can be deadly if taken improperly.

1. The most common cause of accidental poisoning is an overdose of drugs. Young children especially like some of the candy flavored vitamins and aspirin. These can be useful when taken as directed, but they can also cause death if taken improperly.

2. Symptoms of drug overdose include increased activity, sleepiness, shallow breathing, unconsciousness or convulsions.

3. Never cause vomiting in a child who is in a coma, having convulsions or unconscious. Otherwise, first aid for drug overdose can usually be given by making the child vomit. Always check your poison antidote chart.

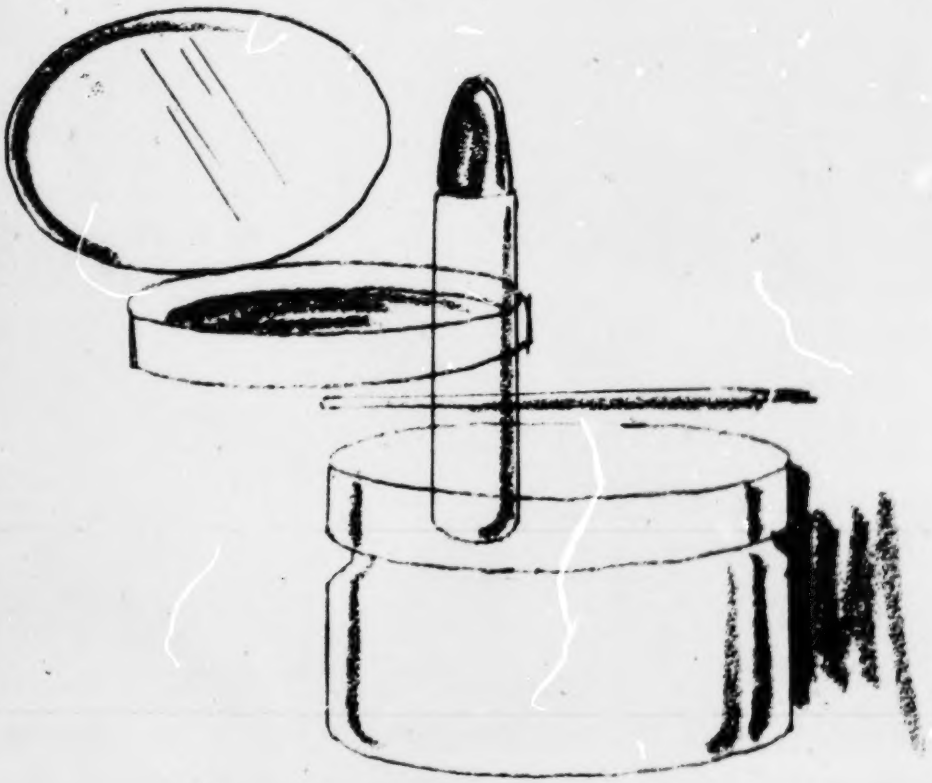


C. COSMETICS, LOTIONS AND OTHER EXTERNAL PREPARATIONS

1. Nail polish, perfume, cosmetics, hair dressings, and wood alcohol may give no warning on their label or say what to do in case of accidental swallowing. These seemingly harmless items can be poisonous to a child.

2. Symptoms would include an upset stomach and there is usually a tell-tale odor.

3. These cosmetic and external substances could be corrosive. Check the ingredients on the label and then your poison chart.



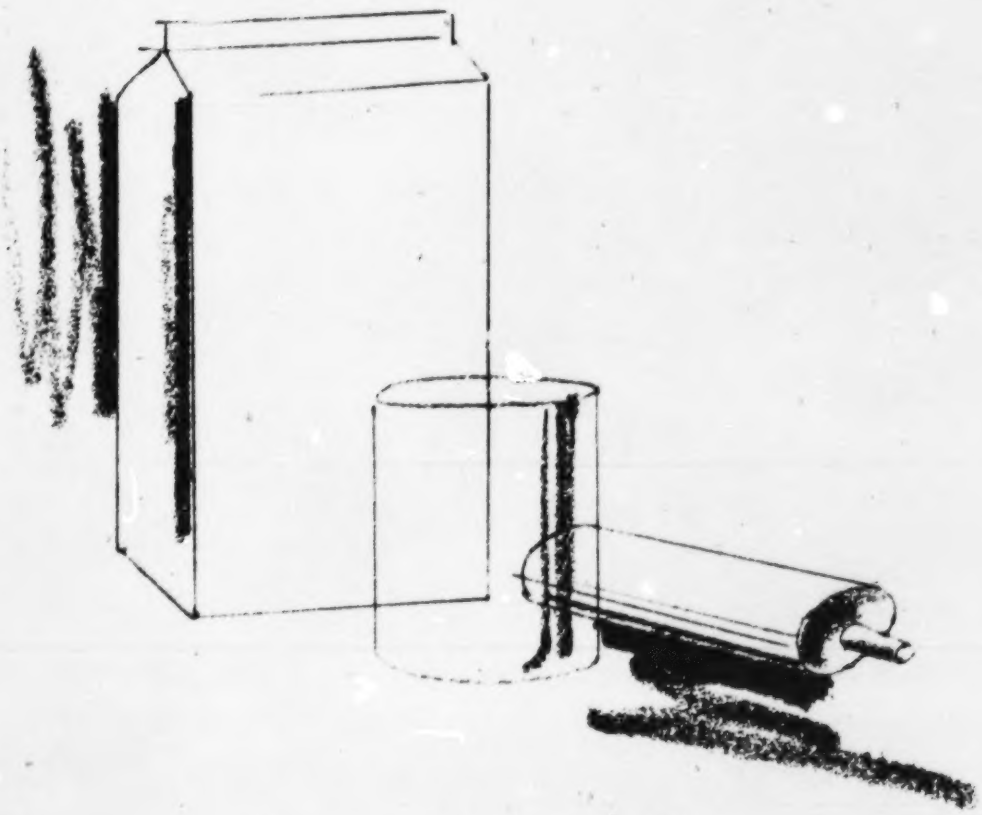
D. PESTICIDES

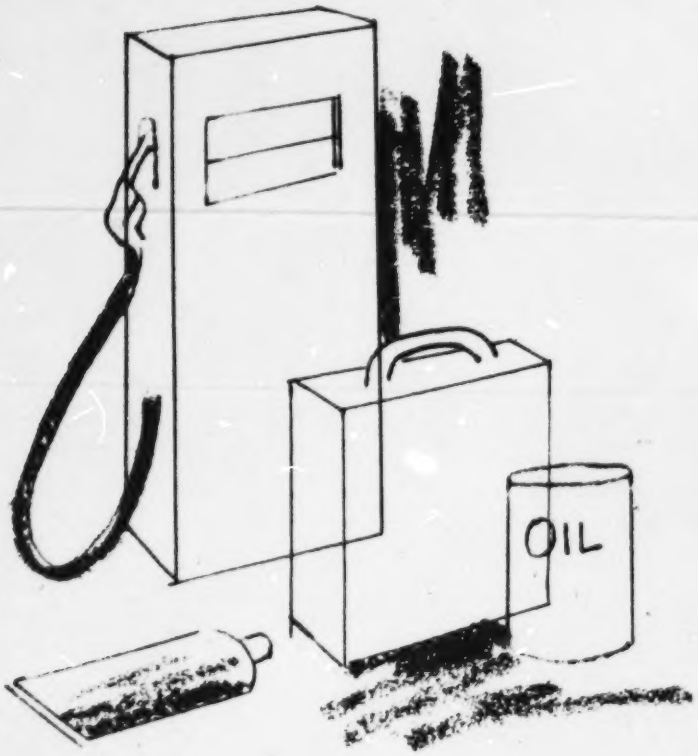
Pesticides contain poisons that are deadly in very small quantities. Eating unwashed garden vegetables or being near or in a sprayed area can cause poisoning.

1. Arsenic, strychnine, D.D.T., etc., are found in many weed killers and pesticides.

2. Symptoms include stomach and intestinal upset, dizziness and unconsciousness.

3. Read the label of pesticides for ingredients before administering first aid.





E. PETROLEUM PRODUCTS

1. Gasoline and kerosene are examples of petroleum products.

2. Any odor of a petroleum product on breath or clothing is a danger signal. Symptoms include drowsiness, nausea, stomach pains and unconsciousness.

3. Never cause vomiting if a child has swallowed a petroleum product. Give the child milk or water. Petroleum products can also cause skin burns.

F. FUME POISONING

1. Space heaters and carbon monoxide from cars are possible fume poisoners.

2. An early symptom is a headache. Then, drowsiness, dizziness, and unconsciousness.

3. Get the child to fresh air. Smash a window, if necessary. Call the doctor, police, or the poison control center. Give artificial respiration if the child has trouble breathing or has stopped breathing. Give the child no food or drink, and keep the child as quiet and warm as possible.

G. PLANT POISONING

Many poisonous plants are common to Texas. Some are houseplants and some outdoor plants. Some cause serious illness, and some cause death. Narcissus, larkspur, wisteria, iris, azalea, poinsettia, and dieffenbachia all have poisonous parts. There are more than 700 kinds of plants that can cause serious illness and death because they are poisonous. Since there are so many dangerous plants, you need to consult your local poison control center about all plants you have indoors and outdoors. Or, you can ask them for a full listing of plants which are harmful. Once you identify them, remove them from any area where the children could reach them. Teach children to never eat any part of a plant which is not commonly used as food. It is also a good idea to check your yard and garden regularly to make sure these plants have not started growing again. This is a list of some of the more common poisonous plants.

1. Azalea

. All parts are poisonous.
. Symptoms include: Nausea and vomiting, difficulty in breathing. May be fatal.

2. Caladium

. All parts are poisonous.
. Symptoms include: Irritation, swelling and intense pain of the mouth, lips, cheeks, throat. May block breathing or swallowing.

3. Castor Bean

. Bean seed is poisonous.
. Symptoms include: Nausea, vomiting, diarrhea, intestinal colic, thirst, and convulsions. One or two bean seeds are a fatal dose.

4. Daffodil

. Bulb is poisonous.
. Symptoms include: Vomiting, diarrhea, trembling, and convulsions. May be fatal.

5. Delphnium

. All parts are poisonous.
. Symptoms include: Tingling of mouth, nausea, vomiting, diarrhea, low blood pressure, weak pulse and convulsions. May be fatal.

6. Dieffenbachia

. All parts are poisonous.
. Symptoms include: Irritation, swelling and intense pain in the mouth, lips, throat and cheeks. May block breathing or swallowing.

7. Elephant Ear

. All parts are poisonous.
. Symptoms include: Irritation, swelling and intense pain in the mouth, lips, throat, and cheeks. May block breathing or swallowing.

8. Buttercup

. All parts are poisonous.
. Symptoms include: Salivation, stomach and intestinal irritation, vomiting and diarrhea and sometimes convulsions.

9. English Ivy

. All parts are poisonous
. Symptoms include: Diarrhea, excitement, labored breathing and coma.

10. Foxglove

. All parts are poisonous.
. Symptoms include: Vomiting, dangerously irregular breathing and pulse and mental confusion. May be fatal.

11. Holly

. Berries are poisonous
. Symptoms include: Nausea, vomiting, diarrhea and stupor.

12. Hyacinth

. Bulb is poisonous
. Symptoms include: Nausea, vomiting, and
. diarrhea.

13. Hydrangea

. All parts are poisonous.
. Symptoms include: (Contains cyanide producing substances) vomiting, dizziness, headache, diarrhea, fast heart rate, rapid breathing, and convulsions.

14. Iris

. Bulb is poisonous.
. Symptoms include: Nausea, vomiting, and diarrhea. Toxic effects on the liver and pancreas.

15. Jimson Weed (thorn apple)

. All parts are poisonous.
. Symptoms include: Abnormal thirst, distorted vision, and coma.

16. Larkspur

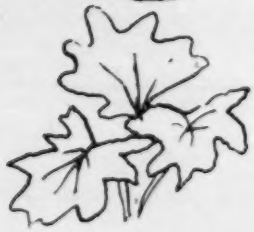
. All parts are poisonous.
. Symptoms include: Digestive upset and nervous excitement.

17. Narcissus

. Bulb is poisonous
. Symptoms include: Vomiting, diarrhea, trembling, and convulsions. May be fatal.

18. Oleander

. All parts are poisonous.
. Symptoms include: Nausea, vomiting, depressions, slowed and irregular pulse, dilated pupils, steady diarrhea and paralyses. May be fatal.



19. Philodendron

. All parts are poisonous.
. Symptoms include: Irritation, swelling, and intense pain in the mouth, lips, throat and cheeks. May block breathing or swallowing.

20. Poinsettia

. All parts are poisonous.
. Symptoms include: Burning in the mouth and throat, vomiting, diarrhea and intestinal irritation.

21. Rhododendron

. All parts are poisonous.
. Symptoms include: Nausea and vomiting, and difficulty in breathing. May be fatal.

22. Rhubarb

. Leaf only is poisonous.
. Symptoms include: Abdominal cramps, vomiting, weakness, muscular cramps. May be fatal.

23. Wisteria

. Seed, pods
. Symptoms include: Mild to severe digestive upset.

24. Yews

. Berries and foliage are poisonous. Foliage more toxic than berries.
. Symptoms include: Nausea and vomiting. Can be fatal without symptoms.

25. Mistletoe

. All parts are poisonous
. Symptoms include: Vomiting, diarrhea, slowed pulse and circulatory collapse. May be fatal.

26. Laurels

. All parts are poisonous.
. Symptoms include: Excitement, high then low blood pressure, rapid heart rate and delerium. May be fatal.

27. Poison Ivy - Oak - Sumac

. All parts are poisonous.
. Symptoms include: Itching, ozzing sores, swelling of throat and mouth, weakness, fever and reduced urine output.

H. FOOD POISONING

Proper storage and preparation of food is extremely important to prevent the growth of harmful bacteria that can cause food poisoning. Some foods can spoil within hours if not stored right. The food substances which provide the best breeding places for bacteria are foods containing dairy products. Milk, baby formula, salad dressing, cream sauces, milk gravies, cream filled pies and pastries are all items that need to be refrigerated when not being used. Sausages, poultry, ground beef, fish and rapid cured hams will also spoil quickly.

1. Purchasing Food

. Check expiration date on all refrigerated items before purchase. These food items are required by law to be dated. Often a store will sale price these items when they reach expiration date. It is best not to buy these items even though they may be perfectly good. Because you are buying this food for children in your care, it is better to be extra careful.

. The tops of screw jars should be tested for tightness. They may have loosened accidentally or another shopper may have been curious or destructive. This is especially important with baby food jars.

. Never buy a can that is bulging. This is a clear sign that the food has gone bad. Dented cans should not be purchased either, because there is a possibility that the food is spoiled.

2. Storage of Food

. Keep food either very hot or very cold. Bacteria will not grow as easily in cooking food, and refrigeration slows down bacterial growth. Cover and refrigerate leftovers immediately.

. All uncooked meats and dairy products should be refrigerated. These will spoil eventually even refrigerated. Meat should be frozen if it is not going to be used in two days. Dairy products should be thrown away if they are not used by the expiration date, or smell funny before that date.

. Never thaw and then refreeze food. It can be thawed, cooked and then refrozen.

. Store unopened baby food jars in a dry, moderately cool place. Cover and refrigerate any leftovers immediately.

. Get rid of any moldy foods. Throw away any food you are not sure about.

. Always wash baby bottles immediately after using them. Leftover formula and milk in a bottle causes bacteria to grow and remain in the bottles.

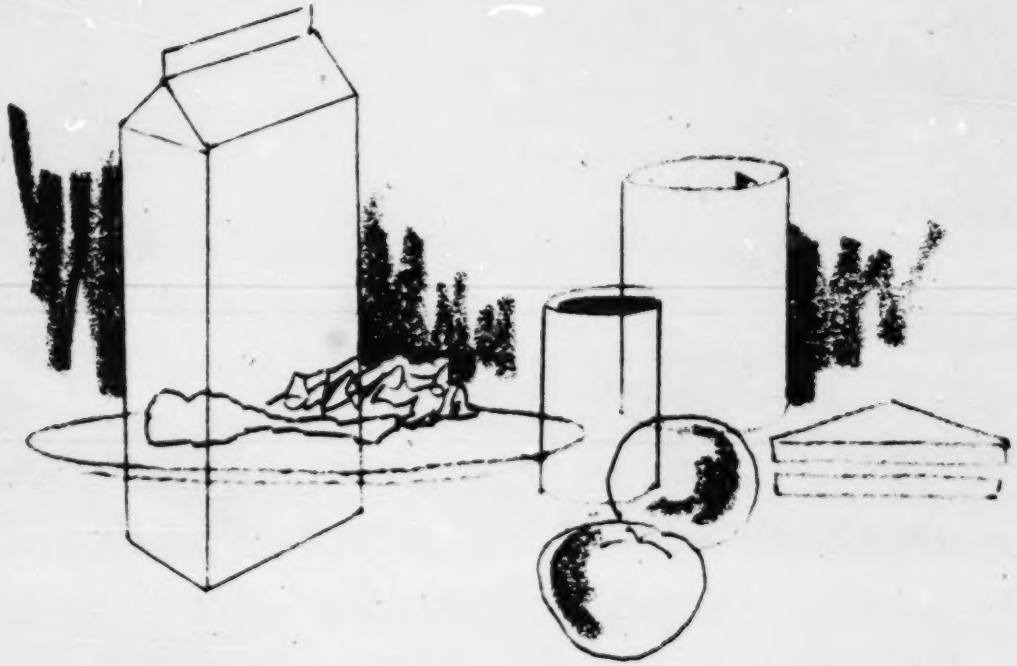
3. Preparing Food

. When cooking, always use food that you know is good. Milk, eggs, meats, etc., should always be in good condition.

. Pork should always be cooked to "well-done."

. Keep all cooking utensils in good clean condition.

. Wash all fresh vegetables and fruits.



I. LEAD POISONING

The main source of lead poisoning in a home or center is dried, peeling paint on walls, woodwork, repainted furniture, or toys. Children often suck and chew on furniture. They pick and pull off peeling paint and then put it right into their mouths. You may not know which items in your house have been painted with lead base paint. Even if you paint with lead-free paint, there is the danger that old layers of paint underneath may have high lead content.

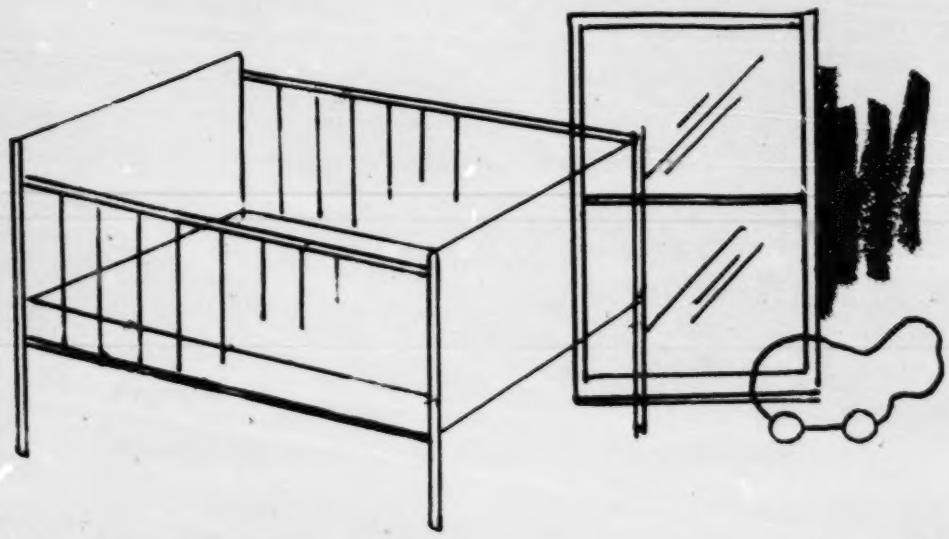
1. Take no chances. Check regularly for peeling paint on furniture, toys, window and door sills, porch steps, bars or iron gates, interior and exterior walls. (NOTE: Outdoor paints often have a high lead content.)

2. Teach children never to bite on furniture, toys, window sills, etc.

3. Remove all toys, furniture, etc., where paint is peeling.

4. When repainting objects, toys or furniture, always remove all layers of paint and then use a lead-free paint.

5. When choosing wooden toys, buy unpainted toys or toys with labels, saying they have been painted with lead-free paint.



J. POISON PREVENTION

1. Inspect your home or center every day to be sure none of the poisonous items mentioned earlier are left where children can get to them. It is easy to use a cleaning fluid or take a medicine in the evening and forget to put it away.

2. Keep all household chemicals in a locked cabinet and out of reach of the young child.

3. Garage doors, tool sheds, and other areas where paint, gasoline, turpentine, insecticide, garden chemicals or other such things are stored should be kept locked at all times.

4. Throw away empty comtainers in a safe container outside the home or center. Sometimes children go through trash or garbage cans and play with empty containers which might have had poisonous substances. It is best to put empty poison containers in the garbage can just before trash pick up time, not the night before. Better yet, hand the empty container to the trash collector.

5. Never put potential poisons into food containers such as a glass, bowl, jar, soft drink or milk bottle. Adults as well as children have died from drinking or eating poisonous items stored in food containers.

6. Keep drugs, medicines and cosmetics in a locked area away from where children play.

7. Sometimes you will have to give children medicine, but do not do so unless you have written permission from the parents. Never give the child medicine prescribed for another person. Never give more than the prescribed dosage and remember to throw away old or leftover medicine. Throw away medications the same way you would a poison--very carefully.

8. Teach children to never put anything in their mouth that is not food or drink.

9. Remember: ALL DRUGS AND HOUSEHOLD CHEMICALS MUST BE KEPT OUT OF THE REACH OF CHILDREN.

IX WATER SAFETY

Water can be fun, but it is also dangerous. Swimming pools are obviously a danger to young children, and adults are usually aware of that danger. However, small wading pools and the bathtub can also be dangerous. No child under the age of 2½ should be left alone in water--whether it is the backyard wading pool or the bathtub. It only takes a few seconds to fall and drown. An adult should always be present and in easy reach of the child.

A. WADING POOLS

Wading pool play should be watched closely even with older children. When children are playing together they often start pushing and shoving each other. They do not understand this could be dangerous. Without meaning to be mean or hurtful, they may hold a child's head under water.

1. Do not allow heavy or sharp objects in the pool area. Children enjoy throwing things to make a splash in the water. Their aim is not always accurate and they may hit another child.

2. Wading pools must be drained and cleaned every other day. With larger pools, be sure the filter system is working and that the water is clean and clear.

B. SWIMMING POOLS

Swimming pools should have a high fence around them and a gate that can be locked. Always lock the gate, even if you plan to return in just a few minutes. Many tragic accidents happen in just a few minutes.

1. Swimming pool activities must always be supervised.

2. Pools should be tested daily for proper chemical balance.

3. All pool equipment should be clean and in good working condition.

4. Life saving equipment like a life buoy or long pole need to be within easy reach of the supervising adult.

5. No electrical equipment (such as a radio) should be inside the fenced area unless it is part of standard pool operating equipment.

6. Children who cannot swim should wear life jackets and stay in shallow water.

7. Older children, even though supervised by an adult, should swim under the "buddy" system.

8. Check with your Department of Human Resources licensing representative for current swimming pool standards.

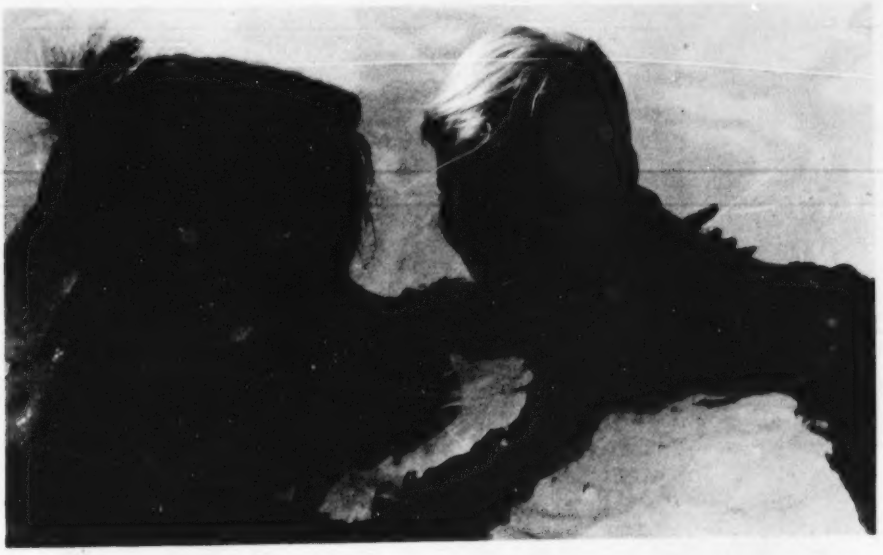
C. SWIMMING LESSONS

All children should take swimming lessons as soon as possible. Although six and seven year olds learn more quickly, children as young as six months can be taught to swim well enough to keep from drowning. Very young children are not afraid of the water or aware of the danger. Because of this, any preschooler who is around a pool should be taught how to swim for his or her own protection.

1. Red Cross swimming lessons are usually planned for children who are age six or older. Methods for teaching water safety and simple swimming are clearly explained in the book, "Teaching an Infant To Swim," listed at the end of this module.

2. Red Cross swimming lessons by certified Water Safety Instructors are available in most cities during the summer. These lessons are usually free or there is only a small pool charge. Each Water Safety Instructor must teach at least one Red Cross swimming course free of charge each year to keep their certification. The local Red Cross office usually keeps a list of Instructors who want to teach a course. Sometimes you can find a person who is eager to teach a course in order to keep the certification.

3. Caution. Older children will often say they know how to swim when they really don't. Do not trust the child's word. Always have a child swim for you and judge the child's ability yourself.



X AUTOMOBILE INJURY PREVENTION

There are a number of very dangerous situations where children are exposed to possible injury from automobiles. Some of these include riding in a car without seat belts, playing in abandoned cars, and playing in a driveway.

A. RULES

You must always have written permission before taking children in an automobile. If you take children anywhere be very firm about automobile rules.

1. All doors are locked and seat belts fastened before the car is started. If the belt does not go over hips, use a car seat.

2. No part of the body may extend through a window.

3. Door and window handles are not touched unless permission is given.

4. Everyone must stay seated and belted until the car is stopped.

5. Use only infant carriers designed for motoring and only seats that have the manufacturer's Certification of Compliance with the requirements of Federal Motor Vehicle Standard No. 213. Do not take a child anywhere in an unsafe carrier even if the parents provide it.

6. Pull over and stop if children misbehave.

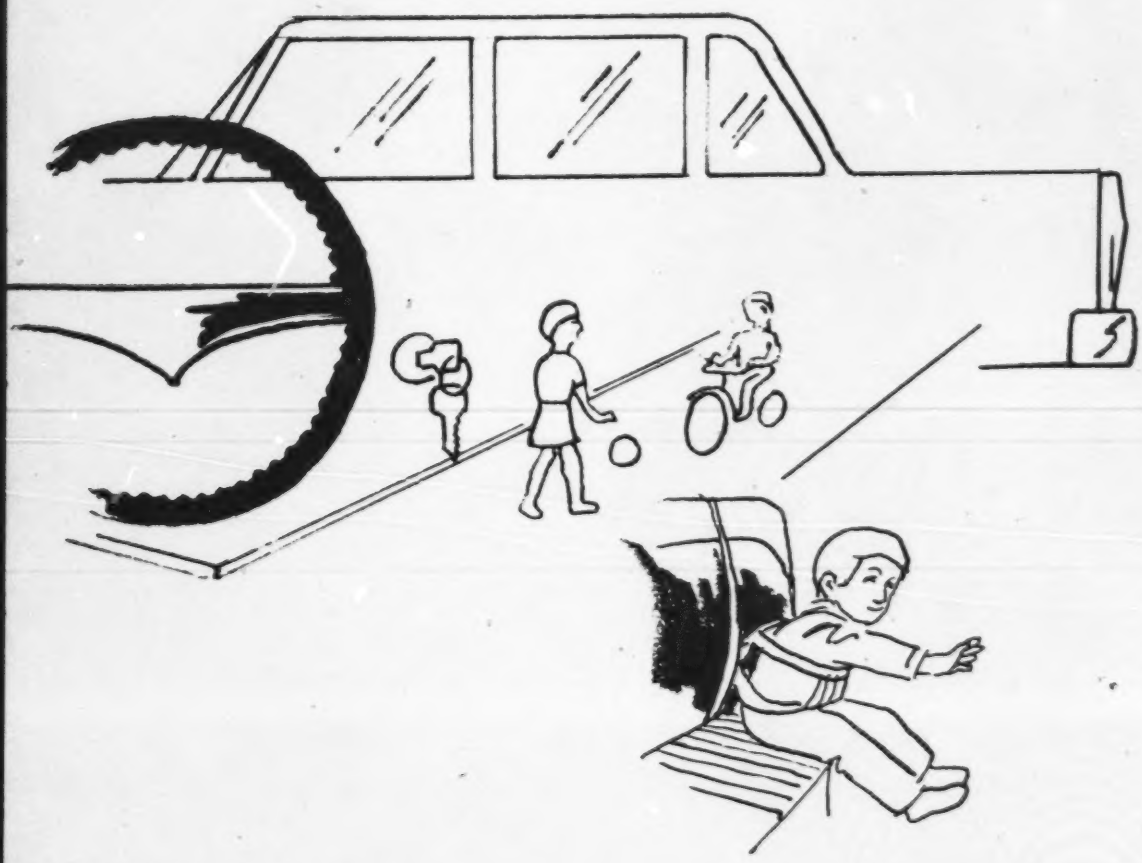
B. SAFETY PRECAUTIONS

1. Never leave the keys in the car when you are not behind the wheel. Always engage the emergency brake before you leave the car.

2. Always lock parked cars.

3. Never allow children to play in a driveway.

4. Never leave children alone in a car. Children have been known to release brakes or change gears and let cars run away. They can burn themselves with cigarette lighters, etc. Children have also died of heat prostration in locked cars that had the windows up.



XI FIRES, BURNS AND ELECTRIC SHOCK

Stoves, heaters, radiators, fireplaces, electric cooking appliances, irons, electrical outlets and cords, matches, and cigarette lighters are potential fire hazards. You can never be too careful about any of these things.

A. PREVENTING FIRES AND BURNS

1. Never leave children alone in a house. In minutes a child can start a fire or become burned.

2. Never allow children in the kitchen or any area where someone is cooking. It takes less than a second for a child to pull a cord on a slow cooker, toaster, coffee pot or the handle of a container of hot liquid. There is also the possibility that the child could be splashed with hot foods while foods are cooking.

3. Put guards around heaters, radiators, furnaces, and any other object that is a fire hazard.

4. If there is a 220 volt air conditioner plugged into an outlet within a child's reach it must be covered with a guard.

5. Each morning before the children arrive check for matches or cigarette lighters left lying around. Remove and store them in a safe place.

6. Have a working fire extinguisher available and know how to use it.

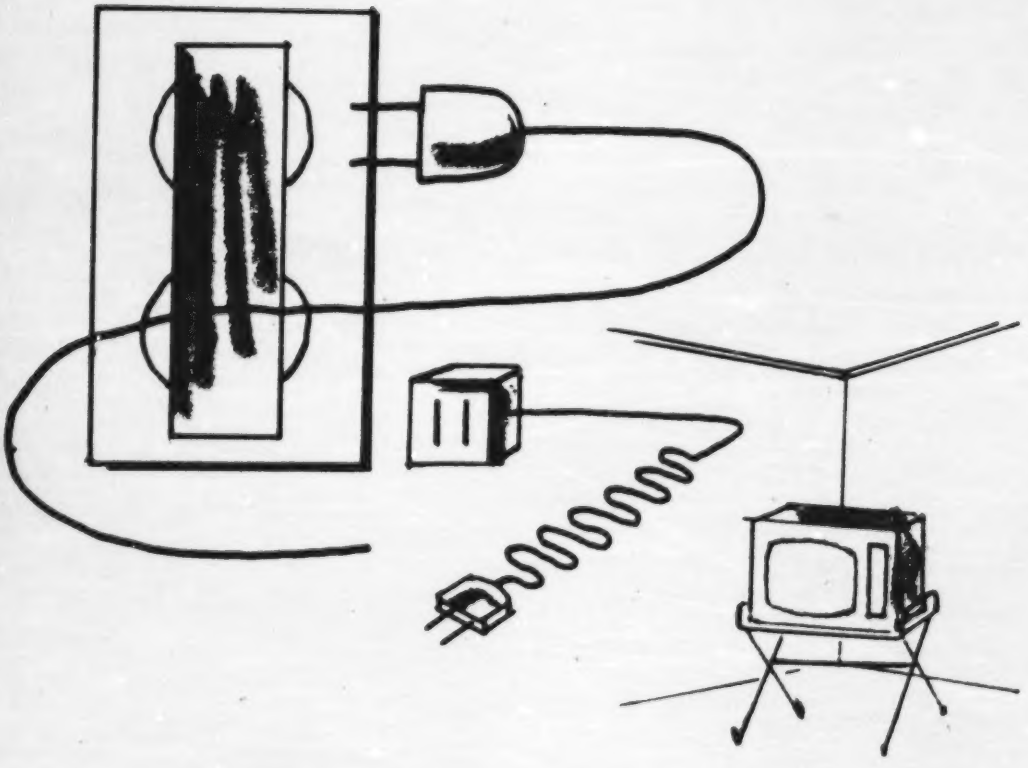
B. PREVENTING ELECTRIC SHOCK

1. Use child-proof covers (or heavy electric tape) on unused electric outlets to keep children from poking their fingers, toys or other objects into the outlets.

2. Avoid using extension cords. Place electrical equipment close to outlets and roll up any extra cord.

3. Push the television set against a wall so the back of the set is not easy to get to.

4. Warn children not to tug on or chew electric cords.



XII PLANNING FOR EMERGENCIES

All schools and homes should have emergency plans. Emergencies do happen, and well thought out and practiced emergency procedures can save lives.

A. FIRE

1. Fire Plan

Plan two exits from every room. If one exit is through a window, check to be sure that the window will open. Draw a plan of your center with the exits clearly marked and attach a copy of the plan to the wall in every room. Exits must be uncluttered. Know the location of the nearest fire alarm box or phone outside your center. Tell the parents about your fire escape plan and encourage them to make their own home plans. Tell them that it is important for every family to have an emergency meeting place outside the home, where they can meet safely if they have to leave the home because of a fire.

2. Fire Practice

Have fire drills at least once every three months at different times of the day. Then, if there is a fire, you and the children will know exactly what to do.

a. One assigned person should ring a bell or blow a whistle that is used for emergency procedures.

b. The class should immediately follow the teacher to the door and out of the building to a designated spot about 200 feet from the building. This could be a tree that is marked with something like a red ribbon.

c. Babies could be placed in one crib and rolled to the marked place.

d. Upon arrival at the marked spot, the teacher should immediately check roll to make sure everyone is there. (This may be done by a head count.)

e. One assigned person should blow the whistle as a signal to return.

f. The adults and children should go back to the center by the same route they left it.

3. Fire

When a fire starts, close doors between you and the fire and leave by the safest exit.

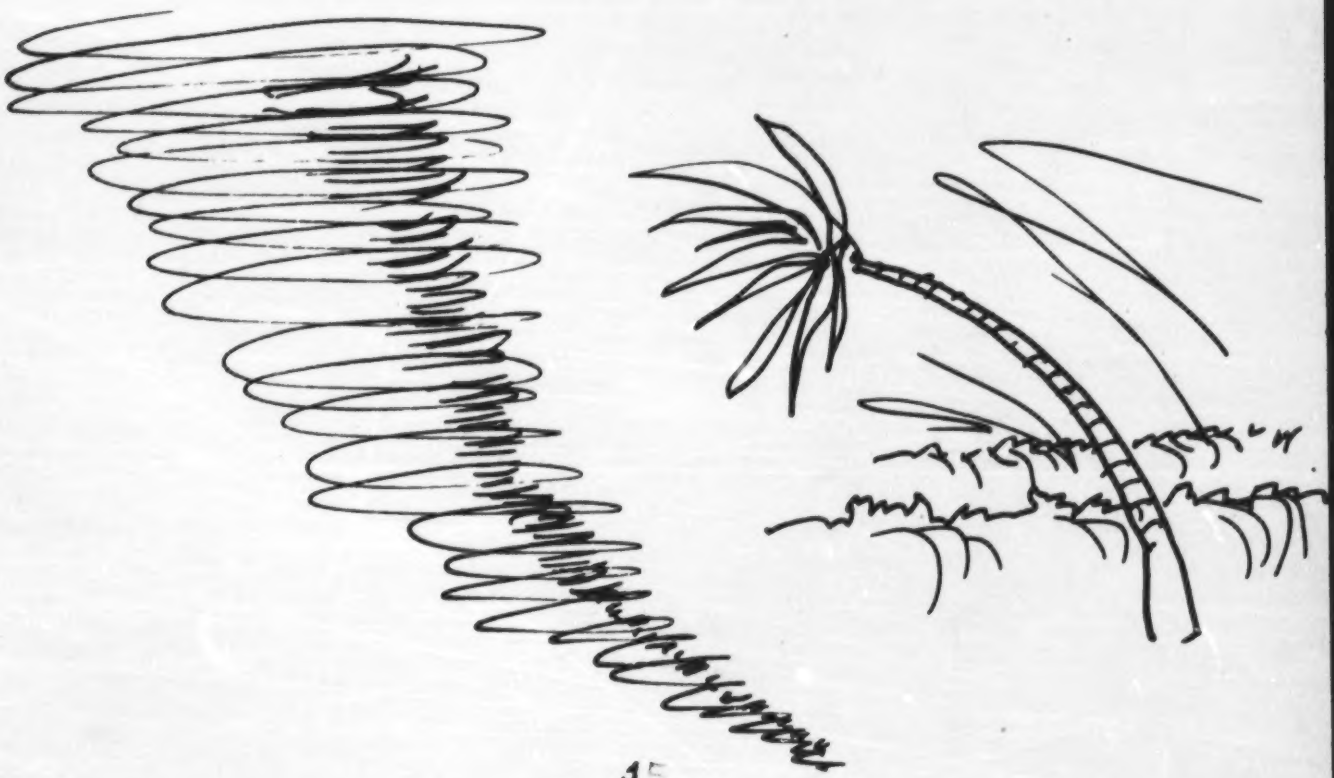
- Take the children out. Don't stop to get anything.
- When you get to the designated spot, do a head count to be sure all the children are with you.
- One person should stay with the children. Someone should call the fire department.

B. SEVERE WEATHER CONDITIONS

Texas is subject to severe weather conditions, and you should be prepared for these emergencies. It's a good idea to have a battery operated radio in your center. You can pick up warnings if you suspect bad weather is coming, and you can continue to listen for bulletins if electricity is interrupted because of the weather.

1. In a severe storm, take the children to the safest place in your center. It may be a hallway with inside walls, away from windows, away from the T.V. set, and away from water pipes.

2. If a tornado warning is issued, open the windows on the side of the building away from the direction the storm is coming. You also need to role play or practice these procedures with the children.



C. FIRST AID

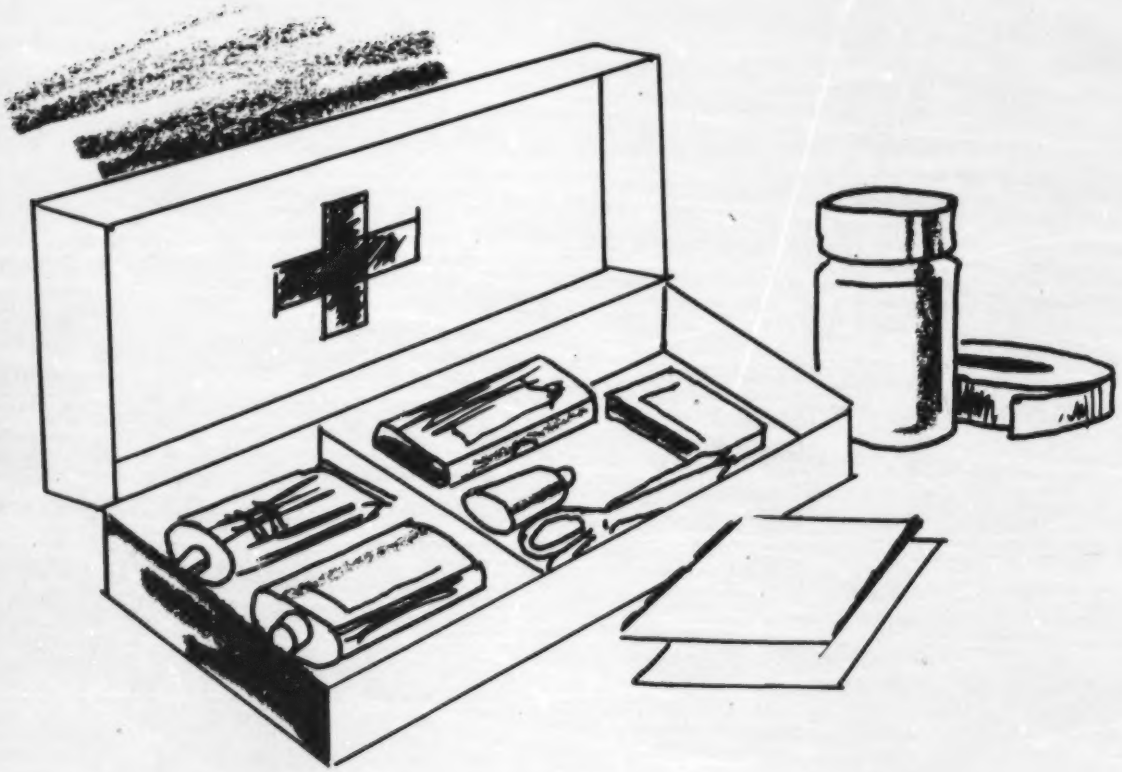
Every home and center should have a first aid kit.

1. Many different types of plain and fancy first aid kits are available. It is not necessary to purchase an expensive container. What is inside is more important.

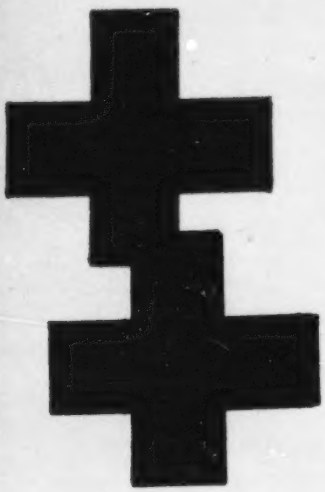
a. Kits can be brightly painted lunch pails, shoe boxes, plastic buckets, or mesh sacks.

b. If possible, have two kits, one for center or home use and one to take on field trips.

c. Keep kits in a cupboard (or in a closet on a shelf higher than any of those used by the children). The door should always be kept closed.



2. The kit should contain poison antidotes and other emergency aids, including enough materials and medicines to take care of minor scrapes, cuts, and scratches. A kit should contain the following:



Small bottle or bar of antiseptic soap
Sterile gauze squares (3" x 3", 2" x 2")
Baking soda (for bites and stings)
Bandages (1" rolls, 2" rolls)
Adhesive bandages (all sizes)
Wooden applicators and toothpicks
Adhesive tape (several sizes)
Absorbent cotton (rolls and balls)
Alcohol (70%)
Tweezers
Scissors (small, good quality)
Triangular bandages to use for slings (30" or 40")
Hand basin
Splints (cardboard)
Basin for vomiting
Safety pins
Two or three covered glass jars large enough for tongue depressors and long applicators
Syrup of ipecac (poison antidote, will induce vomiting)
Disposable tissues
Medicine droppers
Paper towels
Paper cups
Tongue depressors
Cotton tipped wooden applicators
Burn ointment
Mineral oil (poison antidote)
Ice bag or plastic bag for ice
Moist gauze pads that are moistened with an antiseptic agent

3. First aid items and medicines should be replaced as needed and kept in good condition.

a. Items such as adhesive bandages, tape and ointments should be purchased again when half of each item has been used. Items such as basins, tweezers, etc., should be kept clean and in good condition.

b. Any medications that are kept in the first aid kit should be checked regularly for the expiration date and before each use. Any medications that are close to the expiration date should be replaced, and expired medication should be thrown away.

4. Every center and home should have a first aid chart and a poison antidote chart. When a child is injured or poisoned, it is frightening for both the child and the caregiver. The first aid chart, the poison antidote chart and emergency numbers should be posted on the wall near the telephone and, if possible, near the first aid kit. Any serious problem will require a telephone call--to an ambulance, a physician, a poison control center, or parents. With charts, first aid kit, emergency numbers and telephone placed together, all your important materials are together. This will speed up emergency care and may reduce panic.

. First aid chart and poison antidote chart are available. A chart entitled, "A Guide for First Aid and Emergency Care" is available from the Texas Department of Human Resources. You should be able to get this chart from your local public welfare office, or from your local public health department.

. Emergency numbers should be posted. Emergency numbers should include:

- The local poison control center or a poison control "hot line" number. This will be listed in your local telephone directory.

- The number of the closest hospital emergency room.

- The number of the closest ambulance service.

- The number of the nearest fire department.

- The number of a neighbor you could call in an emergency.

- An emergency number for each child in your care. These numbers could be posted by the telephone in chart form or listed in a personal address and telephone book. All children in your care will have emergency numbers and additional information in their record file. The purpose here is to have immediate access to a telephone number in case of a critical situation.

- If, for whatever reason, you have an emergency and do not have ready access to appropriate numbers, call the telephone operator. Declare an emergency. Tell the operator your problem and what help you need. The operator is trained to help you get the emergency aid you need. This procedure should be used as a last resort and in a true emergency.

5. No mater how careful you are, there is no guarantee that an emergency situation will not happen. The most important points to remember are to plan ahead of time what to do in an emergency, to practice or rehearse with the children, to keep calm, and to act quickly to prevent further damage. It is to your advantage to:

. Have first aid materials on hand

. Know first aid

. Post a list of emergency telephone numbers near the phone

Other modules in this series will help you in preventing health problems, caring for sick children, and planning for specific emergencies.

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TEST YOUR KNOWLEDGE

Take this test both before and after studying this module to see what you have learned. An answer key is on the back.

Read each question and circle all the correct answers. THERE IS MORE THAN ONE CORRECT ANSWER FOR SEVERAL OF THE MULTIPLE CHOICE ITEMS.

1. True False Accidents, most of which can be prevented, are the #2 cause of child death.

2. True False If you must, it is okay to leave an infant on a couch or bed for a minute or two; for example, to answer the telephone or door.

3. Which of the following insect bites are poisonous:

   A. Fire Ants
   B. Wasps
   C. Centipedes
   D. Ticks
   E. Spiders
   F. Bees

4. True False Teach children which snakes are poisonous and which are helpful so they can be safe without developing any irrational fears of snakes.

5. True False Most poison deaths are caused by drug poisoning.

6. True False If a child has swallowed a corrosive substance, cause vomiting at once to prevent any further damage.

7. True False Thanks to governmental laws, most modern product labels give proper poison warnings.

8. Common symptoms of drug overdose include:

   A. Increased activity
   B. Sleepiness
   C. Vomiting
   D. Shallow breathing

9. Common symptoms of pesticide poisoning are:

   A. Stomach upset
   B. High Fever
   C. Dizziness
   D. Unconsciousness

10. True False Do not move a child who may be a victim of fume poisoning.

11. Which of these plants are poisonous:

   A. Azalea
   B. Daffodil
   C. Marigold
   D. Buttercup
   E. Oleander
   F. Morning Glory

12. True False The food substances which provide the best breeding place for bacteria are foods containing dairy products.

13. True False Your home or center should be inspected weekly for all safety hazards.

14. True False If you must leave children alone in a car, remove the keys, set the emergency brake, roll up the windows, and lock all doors.

15. True False A day-home or center should have an emergency exit and a floor plan with the exit marked.

16. In case of severe storm the safest room has:

A. A telephone
B. Inside Walls
C. A TV set
D. A transistor radio
E. Windows
F. Water pipes

ANSWER KEY

1. False
2. False
3. All
4. False
5. False
6. False
7. False
8. A, B, D
9. A, C, D,
10. False
11. A, B, D, E
12. True
13. False
14. False
15. False
16. B, D